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HOUSEKEEPERS' CHAT

Wednesday, February 27, 1933

(FOR BROADCAST USE ONLY)

Subject: "EGGS" Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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Some of our most common foods are our most interesting ones. Take the everyday egg, for example. If you're interested in food value facts, the egg is worth your consideration. Nutritionists see the egg as really two foods instead of one, because the white and the yolk are so different in content. The white is almost pure watery solution of protein, and protein, by the way, that has great value for body building and upkeep. On the other hand, the yolk is a combination of many different food substances. The yolk also contains protein, of a very fine quality, and it contains fat for fuel, but its chief value in the diet is probably the rich store of minerals and vitamins. The egg yolk contains a supply of iron, calcium and phosphorus, and what's even more important, these minerals are in forms especially adapted for changing into body tissues. As for the vitamins, you can count on egg yolk to help supply three very important vitamins -- vitamin A, the one that promotes growth, vitamin D, the one that prevents and helps cure rickets in children, and vitamin G, that prevents pellagra. You see why eggs are among our most valuable foods and why child feeding experts recommend an egg a day for children over two years old, and for younger children, some egg yolk each day. The iron in egg yolk is of special help in building rich red blood.

There are the high points of the food value of eggs. And they are facts to mention to any food faddists who believe in leaving eggs off your diet list, or to any old-time superstitious folks who tell you that eating eggs frequently makes you "bilious." Of all ridiculous notions, I think that old one takes the prize. There may be a few people in this world with digestions that actually don't manage white of egg very well. But for most of us normal human beings, eggs are one of our very best foods.

Well, along with the new knowledge of the food content of eggs, has come new knowledge of cooking eggs. The greatest amount of flavor, food value, digestibility and appetite appeal -- that's what most of us are working for, whatever we're cooking. And that's what the experts have been investigating in their tests on cooking eggs.

The big secret of success in egg cookery is to have the temperature low -- or at least moderate. You know that rule goes for cooking all kinds of delicate protein, including eggs. Overcooking or cooking at too high a temperature can

spoil almost any protein -- make it tough and leathery and often ruin its appetite appeal. Well, this is especially true of eggs, so much so that the best cooks nowadays never cook eggs at a temperature above the boiling point. They don't even boil eggs. They simmer them instead. This takes a little longer, but the result is well worth the extra time.

While high heat sets the egg protein and makes it hard and leathery, moderate heat gradually coagulates the protein but leaves it tender as jelly. You can see this illustrated before your eyes in the case of poached eggs. Well, most people consider the ideal poached egg one with a tender white which is translucent like jelly, yet stands up well around the yellow yolk. To poach an egg so that it comes out like that, break a fresh egg into boiling salted water, just enough to cover it. Remove the pan from the flame and put on the lid. Let the egg stand in the hot but not boiling water for five minutes. Then lift it out with a perforated spoon and let the water drain off before you serve it. There you'll have a good-looking, properly cooked and tender poached egg.

The same principle of low or moderate heat goes for scrambled eggs. Instead of scrambling your eggs in a frying pan over the direct flame, use a double boiler. Cook them over hot water. As soon as the water in the lower part of the boiler begins to bubble, stir the milk and egg mixture constantly and add butter and salt and pepper to season. And by the way, always make a point of serving scrambled eggs on hot plates because they cool so quickly.

Well, how about an inexpensive menu featuring eggs as the main dish? How would you like baked eggs and rice in tomato sauce for the chief dish at the meal? Then some green leafy vegetable quickly cooked, drained and buttered. Crusty rolls or muffins. And for dessert, canned or dried apple sauce and ginger snaps.

I'd like to give you this recipe for baked eggs and rice in tomato sauce because it's such a good dish and an inexpensive one. The recipe calls for eleven ingredients and if you have your pencil handy, I'll list them right now.

Eleven ingredients:

1/2 cup of uncooked rice	2 tablespoons of melted butter or
1 pint of canned tomatoes	other fat
3/4 teaspoon of salt	2 tablespoons of flour
1 bay leaf	5 eggs
1 onion	2 tablespoons of grated cheese
4 cloves	1 cup of buttered bread crumbs

Once more I'll list those ingredients. (REPEAT)

Cook the rice in a large quantity of boiling salted water for twenty minutes or until tender. Wash in cold water, drain and let the rice steam and swell over hot water. Now prepare a sauce by cooking the tomatoes and seasonings for ten minutes. Strain and thicken with the blended fat and flour. Make a layer of rice in a shallow greased baking dish. Drop the raw eggs carefully on the rice. Pour on the sauce. Sprinkle over the top the grated cheese mixed with the buttered bread crumbs. Bake in a slow oven, of course, until the eggs are set. Serve right in the baking dish.

